

**GYMNASTICS, DANCE &
SPECIALTY CLASSES FOR
PRESCHOOL & KINDERGARTEN**

Winter 2016
February 1 – April 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>***NEW*** 11:00-11:45 Jr. Warrior Gym Challenge Ages 4 - 5</p>	<p>****NEW**** 9:15-10:00 Storytime STEM Ages 1 ½ -3</p> <p>11:00 – 11:45 Gym Antics Ages 3 – 4</p> <p>11:15-12:00 Movers & Shakers Ages 2-4</p> <p>****NEW**** 12:15 – 1:00 Jr. Warrior Gym Challenge Ages 4 - 5</p>	<p>9:15-10:00 Ballet/Jazz Beginner I & II Ages 3-5</p> <p>****NEW**** 11:15-12:00 Jr. Warrior Gym Challenge Ages 4 - 5</p>	<p>9:15-10:00 Tutu Tumblers Beginner I Ages 2 ½ - 3</p> <p>10:00-10:45 Tutu Tumblers Beginner I Ages 2 ½ - 3</p>	<p>9:15 – 11:15 Cartwheels & Crafts Ages 3 – 5</p> <p>11:30 – 12:15 Preschool Gymnastics Ages 4 - 5</p>	<p>9:00-9:45 Ballet/Tap/Jazz Beginner I Ages 3 – 4</p> <p>9:30 – 10:00 Young Athletes Special Olympics Ages 2 ½ - 7</p> <p>11:00-11:45 Ballet/Tap/Jazz Beginner II Ages 4 – 5</p> <p>11:00 – 11:45 Preschool Gymnastics Ages 4 – 5</p>	<p>9:00 – 9:45 Gym Antics Ages 3 - 4</p> <p>11:00-11:45 Ballet/Tap/Jazz Beginner I & II Ages 3 - 5</p> <p>11:00 – 12:00 Drop In & Play Infant – 5 yrs</p>
<p>12:00 – 1:00 Drop In and Play Infant – 5 years</p>	<p>****NEW**** 12:30-1:30 Little Stars On Stage Ages 4-5</p> <p>1:15 -2:00 Preschool Gymnastics Ages 4- 5</p> <p>***NEW*** 3:30 – 4:30 Jr. Warrior Gym Challenge Ages 5-6</p>	<p>12:00 – 1:00 Drop In & Play Infant – 5 yrs</p> <p>1:15-2:00 Gym Antics Ages 3-4</p> <p>1:15- 2:00 Preschool Gymnastics Ages 4-5</p> <p>1:15-2:00 Ballet/Tap Beginner II Ages 4-5</p> <p>2:00-2:45 Princess Ballet Beginner I Ages 3-5</p>	<p>12:15 – 1:30 Flipping Flounder Ages 3 – 5</p> <p>***NEW*** 1:15-2:00 Jr. Warrior Gym Challenge Ages 4 - 5</p> <p>2:00-2:45 Ballet/Tap Beginner I Ages 3-5</p> <p>3:30 - 4:00 Kicks for Kids Ages 4 - 6</p>	<p>12:15 – 1:00 Drop In and Play Infant – 5 years</p>	<p>****NEW**** 11:45 – 12:30 Jr. Warrior Gym Challenge Ages 4 – 5</p> <p>12:00 -12:45 Gym Antics Ages 3-4</p> <p>****NEW**** 12:15-1:00 STEM Explorers Ages 3-5</p> <p>1:00 – 2:00 Drop In & Play Infant – 5 yrs</p>	<p>12:00 – 1:00 Drop In & Play Infant – 5 yrs</p>
<p>4:45-5:30 Ballet/Jazz Beginner I & II Ages 3-5</p> <p>5:30-6:30 Hot Shots Ages 4-6 (Teacher rec only)</p>	<p>3:45-4:30 Hip Hop Flip Flop Beginner Ages 4 - 6</p>		<p>4:00 - 4:30 Kicks for Kids Ages 4 - 6</p> <p>5:30-6:30 Hot Shots Ages 4-6 (Teacher rec only)</p>	<p>4:00-4:45 Kids Yoga Ages 4 - 12</p>		

DANCE, GYMNASTICS & SPECIALTY CLASSES FOR PRESCHOOL & KINDERGARTEN

30 & 45 minute classes - \$130 per ten week term

60 minute classes - \$165 per ten week term

UNLESS OTHERWISE NOTED

THE CONNECTION PRESCHOOL M-F 8:45-11:30, M-F 8:45-1:00, or M - F 8:45-2:30

This unique program, taught by certified teachers, features 2 hours of preschool readiness curriculum.

Includes stories, music, arts and crafts, and games with an emphasis on socialization skills.

In addition, a half hour of each session is reserved for an enrichment class such as dance, swimming, fitness, theater, and gym.

DROP IN AND PLAY:

Monday 12 - 1

Wednesday 12 - 1

Friday 12:15 - 1

Saturday 1 - 2

Sunday 11 - 12 & 12 - 1

\$5 PER CHILD

Infants-5 yrs.

Play time in our big gym. Must be accompanied by an adult. Space is limited.
Passes available at the Front Desk. You do not need to be a Connection member.

DANCE/PERFORMING ARTS

It is recommended that all students take level Beginner 1 for a full school year before moving to Beginner 2 for all classes unless a level is not listed. Contact Director for placement inquiries.

Ballet/Jazz Beg. I & II (Ages 3-5) M 4:45, W 9:15

This class is a fun introduction to ballet and jazz techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET**

Ballet/Tap Beg. I (Ages 3-5) Th. 2:00, Beg. II (Ages 4-5) W 1:15

This class is a fun introduction to ballet and tap techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET AND TAP**

Ballet/Tap/Jazz Beg. I (Ages 3-4) Sa 9,

Beg. I & II (Ages 3-5) Su 11, Beg. II (Ages 4-5) Sa 11

This class is a fun introduction to ballet, tap and jazz techniques. Dancers will stretch, practice motor skills, and learn basic choreography. **Shoes required: BALLET AND TAP**

Princess Ballet Beg. I (Ages 3-5) W 2:00

Your little princess will explore basic ballet and movement in this fun class. Children will dance with the use of props such as scarves, crowns, and ribbons, and also color a picture that goes along with the step they have learned. **Shoes required: BALLET**

Movers & Shakers (Parent-Child Class) Tu 11:15

Ages 2-4 Boys & girls love to dance! Let them get their groove on in this fun filled, action packed class full of music, dance, games, and imagination. This class will encourage independence from their caregiver while working on gross motor skills, musicality, and following directions.

Hip Hop Flip Flop Beg. Tu 3:45

Ages 4-6 Children will be introduced to basic Hip Hop through innovative and creative body movement from head to toe. They also Flip Flop through some basic cartwheels, rolls, and stretches.

Little Stars On Stage Tu 12:30

Ages 4-5 This class is perfect for boys & girls who love to role play and dress up at home. Each class will consist of fun theatre games, acting out stories, and dressing up in fun costumes, all while expanding their creativity and imagination. Children will learn to work as a group while they explore and create together.

SPECIALTY CLASSES

Kicks for Kids Th 3:30, 4:00

Ages 4-6 Pre-Karate class focusing on flexibility, agility, balance & fun.

Kids Yoga F 4:00

Age 4 - 12 Develop flexibility, coordination, strength, and balance.

****NEW** Storytime STEM Tu 9:15**

Ages 1 ½-3 With your child, have fun discovering the basic STEM (Science, Technology, Engineering & Math) ideas in some of their favorite books! Lead your child toward discovery by encouraging their natural curiosity.

GYMNASTICS

Jr. Warrior Gym Challenge M 11; T 12:15; W 11:15; Th 1:15;

Sat 11:45; *NEW TIME and AGE Tues 3:30 – 4:30 for 5-6 year olds*

Ages 4-5, 5-6 Class in the big gym utilizing gymnastics equipment and specially designed ninja challenge course equipment for preschoolers (rock wall, cargo net, climbing rope, mini-trampoline and more). This coed class focuses on strength, agility, speed and most of all, FUN!

Preschool Gymnastics Tu 1:15; W 1:15; F 11:30, Sat 11

Ages 4 – 5 Introduction to gymnastics. Flexibility, strength, balance and gross motor skills are developed through activities and skills on all apparatus.

Cartwheels & Crafts F 9:15

Ages 3-5 With this 2 hour program parents will enjoy a morning of freedom and children will enjoy a morning of gymnastics, games, and arts and crafts. Please pack a nut free snack.

Gym Antics Tu 11; W 1:15; Sa 12; Su 9

Ages 3-4 Motor skills are developed through activities on all gymnastics apparatus. Great for children who have not taken gymnastics class on their own previously. All children must be potty trained.

Hip Hop Flip Flop Beg. Tu 3:45

Ages 4-6 Children will be introduced to basic Hip Hop through innovative and creative body movement from head to toe. They also Flip Flop through some basic cartwheels, rolls, and stretches.

Hot Shots M 5:30-6:30; Th 5:30-6:30

Ages 4-6 (by teacher recommendation only) Advanced preschool/ kindergarten gymnastics class. Focus on strength and flexibility, as well as skill development on all apparatus.

Flipping Flounders Th 12:15

Ages 3-5 45 minutes of gym time including obstacle course, movement and coordination skill activities, and instruction on all apparatus. Plus 30 minutes of a fun, safe, and instructive pool time practicing skills including floating, arm/leg action on fronts/back, jumping, and more!

Tutu Tumblers Beg. I (Ages 2.5-3) Th 9:15, Th 10:00

Boys and girls will be introduced to dance and gymnastics in this fun and interactive class. Children will stretch and practice motor skills, all while learning basic ballet and gymnastics. Tumble and move your body!

****NEW** STEM Explorers Sat 12:15**

Ages 3-5 Engaging mind and body by investigating and exploring some fun STEM (Science, Technology, Engineering & Math) concepts. Your child will build and create activities that encourage innovation, invention and make learning fun

Young Athlete Program Age 2 ½ - 7 \$1 Sa 9:30

Co-sponsored with NJ Special Olympics, this program emphasizes sports skill development in physical activity and play. Programs develop the fundamental prerequisite skills to prepare students to be future athletes.